BEST START Central District Breastfeeding Promotion Council
BREASTFEEDING INFORMATION AND SUPPORT
If you need help with breastfeeding or have questions, call any of these resource people.

Central District Health Department

WIC Program   **Boise**
 * Telephone Support   WIC Reception 327-7488 **Monday-Friday**
 * Individual Consultations   Marie Collier, LRD
 * Breastfeeding Classes   327-8564 **Monday, Wednesday, Thursday**
 * No Cost   **Mountain Home**
                                                 Marie Collier, LRD 587-4409 **Tuesdays**

St. Luke's Regional Medical Center

 * Call St. Luke's for health care   **Lactation: 381-2592**
    information and class registration   Joyce Schleis, RN, BSN, IBCLC
    381-1200   Joan Hecker, RN, IBCLC
 * Individual Consultations   Nancy O'Connor, RN
 * Breastfeeding Classes   **NICU: 381-1428**
 * Breastfeeding Support Group meets   Jan Goodner, RN, BSN, IBCLC
    on Wednesdays from 10-11:30 am   Linda Smith, RN, LE

St. Luke's Meridian Medical Center
Breastfeeding Warmline - 706-3119

 * Breastfeeding Support Group meets   Betsy Ayers, RN, BSN, IBCLC
    on Thursdays from 1:00 pm to 3:00pm   Nancy Campbell-Adams, RN, IBCLC

Saint Alphonsus Regional Medical Center

 * Individual Consultations   **Lactation Services: 367-7380**
 * Breastpump Leasing and Sales   Debbie Kannenberg, RN, IBCLC
 * Breastfeeding Support Group   Tues. 11:00 am – Noon
 * New Parent Support Group   Tues. 10:00 am – 11:00 am
 * Breastfeeding Classes   Class Information: 367-3454

La Leche League – Mother-To-Mother Support
 * Volunteer Accredited La Leche League Leaders - 1-800-LALECHE
 * More information listed on the web: http://www.lllusa.org

Mountain Home AFB Hospital Lactation Services
 * Family Advocacy (208) 828-7520

**For more information about the WIC Program,
contact the Idaho Careline at 211 or 1-800-926-2588**

The WIC Program is an equal opportunity provider and employer.

Source: *BEST START* Central District Breastfeeding Promotion Council and the Idaho WIC
Program. Contact Cristi Litzsinger, (208) 334-5948 or litzsinc@idhw.state.id.us. IDWICR 01/05